



Dietitian Shreya



Disease Management Advanced Vital **CARE**

LONG-TERM Specialized Care

12 MONTH

PHASE 1

1. EARLY RISK DETECTION

- Digital health screening & diagnostics
- Remote patient assessment
- Risk categorization
- Goal: Identify disease early and prevent progression.

PHASE 2

2. PERSONALIZED CARE PLANNING

- Individualized treatment protocols
- Medication optimization
- Lifestyle & preventive counseling
- Goal: Create structured care roadmap.

PHASE 3

3. CONTINUOUS MONITORING

- Remote monitoring devices
- Teleconsultations & follow-ups
- Real-time data tracking
- Goal: Control disease & prevent complications.

PHASE 4

4. OUTCOME OPTIMIZATION

- Regular virtual reviews
- Adherence tracking
- Preventive screenings
- Goal: Improve outcomes & quality of life

**VIP**
ELIGHT CARE
MEMBERSHIP

Transform Your Health.
Upgrade Your Lifestyle.



Full Body Check-up

- ✓ 1-on-1 Motivator Support
- ✓ Personal Guidance from 2 Expert Dietitians
- ✓ 5-10% Discount on All Products
- ✓ Complimentary Participation in DWL (Dietitian Weight Loss League)

Yoga Sessions

(Basic | Advance | Therapeutic)

Hormonal Imbalance Symptoms



Diabetes(all stages)

Normal fasting glucose <100 mg/dL,
Pre-diabetes 100-125 mg/dL,
Diabetes ≥ 126 mg/dL, HbA1c
preventive $\leq 5.5\%$ and controlled
6.5-7%, covering Type 1, Type 2 and
insulin-dependent cases

Heart Conditions

Stages from high cholesterol &
hypertension to stable angina, unstable
angina, post-heart attack (MI) and heart
failure (NYHA I-IV) with targets of total
cholesterol <200 mg/dL, LDL <100
mg/dL and triglycerides <150 mg/dL.

Liver Disorders

Fatty liver Grade I-III hepatitis, fibrosis
and cirrhosis with SGOT/SGPT <40
U/L wherever clinically possible.

Cancer Care

Nutrition support for Stages I-IV, during
chemotherapy, radiotherapy and recovery,
focused on immunity, weight stability and
treatment tolerance

Respiratory Diseases

Asthma, bronchitis, COPD and
post-COVID lung damage across mild,
moderate and severe stages Accidental,
surgical and post-hospital recovery
nutrition for wound healing, muscle
preservation and strength regain.

Preventive Care

Early-stage risk identification (pre-diabetes,
fatty liver, metabolic syndrome) with safe
weight management alongside disease
control. Quarterly medical report review (blood
tests, scans and prescriptions) to modify diet
as per disease stage and medication changes.
Every plan is doctor-aligned, stage-specific,
evidence-based and focused on safety,
recovery and long-term health outcomes.

12 Months
+ Maintenance

₹ 1,25,000/-

03 Month Plan

Phase 2:

Targeted Metabolic Support

- ✓ Improved metabolic and clinical stability
- ✓ Support strength, immunity, and energy levels
- ✓ Early body composition improvement where medically appropriate
- ✓ Safe initiation of weight and strength support
- ✓ Structured meal plans based on proven strategies for complex and oncology- related conditions
- ✓ Anti-inflammatory, easy-to-digest foods
- ✓ Habit reinforcement
- ✓ Foundational lifestyle guidance

₹ 45,000/-



06 Month Plan

Phase 3:

Organs & System Optimization

- ✓ Optimized blood sugar, kidney, liver, cardiac, or immune function
- ✓ Improved digestion and nutritional status
- ✓ Enhanced resilience and recovery support
- ✓ Advanced nutrition strategies tailored for multi-condition and cancer-support patients
- ✓ Organ-supportive and immunity-focused foods
- ✓ Stress and lifestyle management

₹ 75,000/-

